

**RESILIENCE** is the ability to **persevere, adapt, & grow** in dynamic or stressful environments.

*The Suicide Prevention Coordinator and Suicide Intervention Officers, are tasked with helping in the Military's efforts to build a strong and resilient community, which means knowing and sharing resiliency practices taught in suicide prevention trainings.*

*For additional information about the Suicide Prevention Program, to obtain a gun lock, to find out about training schedules, or to inquire about signing up to be a SIO, please contact:*

**Christina Cernansky**  
Suicide Prevention Coordinator  
208-272-8522  
christina.r.cernansky.ctr@mail.mil

**Gowen Field 4250 Cessna St, Bldg 270**  
**Boise, ID 83705**  
**1-800-479-7006**

[www.preventsuicide.army.mil](http://www.preventsuicide.army.mil)



*Scan for our Resources of Care booklet!*

*"Seeking help is not a sign of weakness; it is a sign of strength. All of us are responsible for the care of ourselves, and battle buddies."*

**I Want to  
Build  
Resilience**

## Suicide Prevention Program Get Involved

Be A Part of the Solution



## Mission of the Suicide Prevention Program

*One suicide is one too many. Our goal is to improve resilience and readiness through the development and enhancement of the Suicide Prevention Program; thereby preserving mission effectiveness through individual readiness for Service Members, their Families, and Military Division civilians.*

## Our Training Programs

### APPLIED SUICIDE INTERVENTION TRAINING (ASIST)- ALL MILITARY

*Applied Suicide Intervention Training (ASIST) is a two-day course developed by living works education. The key learning objective is awareness of the person at risk concerns, caregiver tasks, and development of intervention skills using an internationally known suicide intervention model.*

### SUICIDE INTERVENTION OFFICERS (SIO) - ARMY

*SIOs are responsible for assisting with building a "resource network" within their unit. Per National Guard Bureau mandate, there is to be one SIO, for every 20 soldiers, in every Company, Battalion, and Brigade, who has been selected and appointed on orders. This role will also help in a soldier's civilian career and can range from the rank of SGT to MAJ.*

## SUICIDE IS PREVENTABLE YOU CAN SAVE A LIFE

### 1 Lock Up

Simply adding a gun lock to a firearm or storing medications in a locked space can prevent suicide by firearm or drug overdose.



### 2 Limit Access

Dispose of expired or excess medications appropriately. Limit the amount of prescription medications on hand, and keep them in a secure place.



### 3 Know What to Do

In a crisis, follow the **ACE** guidelines. **A**sk if they are thinking of killing themselves, **C**are for them by staying with them, **E**scort them to SIO, Chain of Command, or Director of Psychological Health as soon as possible.



Scan for a complete list of Crisis Prevention Points of Contact!